



Stop Smoking Through Hypnosis

Parks and Recreation

3500 South Rural Road, Tempe, AZ 85282

Make that wish to stop smoking a reality. Hypnosis is a safe and gentle way to produce stress free positive changes in your life. While enjoying the deep relaxation of hypnosis, you will be given gentle, positive, suggestions to help you stop smoking. Make this year the year to quit smoking for good. Fee: \$50

GSSA-1D 18yrs+ Wed. 9/20-10/4 7:00-8:30 PM

GSSA-2D 18yrs+ Wed. 11/1-11/15 7:00-8:30 PM

Classes will be held at the Pyle Adult Recreation Center, 655 E. Southern Ave.

Registration begins:

Resident: Aug 21 / non-resident: Aug 28

online or download registration form at
www.tempe.gov/pkrec

